

What is our attitude towards others in the group?

Aim: To keep in my mind what we really came for. I'd like to become what I think I really ought to be. Bring questions of something you've seen or of situations which you fear. Education has prevented us from becoming what we really ought to be. We need a conscious teacher.

Influences that make a man:

That which comes at the moment of birth or conception, certain energy is received. Astrological influences; how were we born, how were our parents at the time of conception. Sociological influences: education.

Don't be too theoretical about the ideas. We have prejudices based on what we think we can do. Try to see yourself as a simple human being in simple ordinary life conditions.

We need keys to understand the Bible and religion. I'm not responsible for my life until I begin to understand objectivity.

How would I face life on a desert island. I'm dependant on relationships. How dependant are we on external things? How could we gradually become free of them. How am I affected by other people's relationship to me?

What is needed; Something internal must be developed on which I can rely and be free of being dependant on people and things, independant of the judgement of other people.

What is a good actor?: Must be independant of reaction or reception of audience. He should BE. We as audience go to the theatre to be affected by the actor. This is wrong too.

Sensing; Different from feeling. It is a statement of fact regarding my physical body and belongs to my physical body. Sensing is a static quality as opposed to feeling or emotion which is dynamic. Feeling should not enter into sensing even if there is pain in that what is being sensed.

How should an <sup>actor</sup> ~~act~~ be?: Aware of himself doing his job. "I Am, I Do" as if the rest of the world did not exist. In other forms of art, one does not come into immediate contact with the audience.

How should we be in ordinary life?: We are in the same situation as the actor. Solution also the same. Continue to function in ordinary life but develop something internal. The point of gravity should be transferred from the periphery to the center of my inner life. From there, I now manifest on the periphery.

Aim: To develop something which is more permanent. Then I will be less vulnerable and not affected by externals, by others. To live as Daniel with the lion. Where am I? If I wish, I can be within myself. I shouldn't avoid ordinary life but meet it and not be affected. I'm a ship without a rudder, Work is like a regulator. It can regulate my speed and energy. I can assign proper amounts. Someone should be there to regulate. I need control.

We become more and more narrow with age., senile, we decay. A MAN can DO.

To experience in ordinary life that which is beyond action. Work has to do with becoming conscious. From consciousness I will see what my aim should be. "Seek ye first the kingdom of Heaven". It is within me.

How can a missionary help the heathens if the missionary can not be himself. Why do I always criticize, always blame others, say that everyone is out of step, and think that God will smile on me.

Our task: To ask; Am I asleep? Where am I? How am I? Do I see myself?

Conscience: The voice of God; the voice of my aim; that from which I can get guidance for my life.

This talk is to place the ideas in perspective for new people and to remind the others.

Task: When I get up to be reminded of work, to spend ten minutes sitting quietly. I must put something somewhere to remind me to wake up, like a sign or have a friend call me. I must wake up twice. First I must be grateful that I have wakened up, that I didn't die in my sleep. Then I sit on my bed or on a chair. Start by trying to come to yourself, to relax, to be simple without complications and not to be anxious or worried. Devote that time to a different kind of being. Actively try to see yourself in all three centers. Try to build around yourself a harness, like Socrates and the naked man with the barrel. Make this effort. It must be active, not passive. Do not allow thoughts to leave you. Try not to give food for thoughts. Do not pay attention to them. Three times during the day, remember what you did in the morning and on the basis of that continue what you are doing but wake up. The morning will be a reservoir from which you draw during the day.